



# PRIME TIME NEWS

## Mountain View Senior Center

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### SENIOR CENTER HOURS

#### **Monday - Wednesday**

8:30 a.m. - 9:00 p.m.

#### **Thursday - Friday**

8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

#### **STEVE ACHABAL**

Senior Recreation Coordinator

#### **MEGAN GARVERICK**

Recreation Coordinator

#### **CYNTHIA SPINELLA**

Office Assistant III

#### **JUSTINA LINAN**

Recreation Specialist

#### **ELIZABETH MUSSO**

Lunch Program

650-964-6586

#### **EVENING BUILDING**

##### **ATTENDANTS**

Christian Basconcilo

Jose DeAnda

Kyle Ignaitis

Rich Stephens

Peter Izzo

Shona O'Neil

**HOLIDAYS** - The center will be closed on the following day: Friday, December 25

**WORKSHOPS:** Please note that space is limited for all workshops and pre-registration is required.

To reserve a seat, call the Senior Center at (650) 903-6330 or visit the front desk.

### **ATTENTION MIGRAINE AND HEADACHE SUFFERERS**

- Has a headache ever ruined an otherwise perfectly good afternoon? Almost everyone has experienced a headache but some suffer more than others. Although there are still many mysteries of head pain, join Hiro Sugawara, D.C. as he gives some tips on preventing and alleviating headaches.

**Date: Thursday, December 10**

**Time: 1:00 p.m.**

**Location: Senior Center TBA**

**AFTERLIFE PLANNING** - "But in the world nothing can be said to be certain except death and taxes." ( Ben Franklin) No one wants to think or talk about it but do you ever wonder what is the best way to plan for it? Join Steven Moyer from the Thunder Society as he explores the whole mortuary and funeral side of afterlife planning.

**Date: Thursday, December 17**

**Time: 1:00 p.m.**

**Location: Senior Center, TBA**

### **FIND ANSWERS ON THE INTERNET?-**

Knowledge has always been a gift. It was passed on to those lucky enough to have access. But never in the history of the pursuit of knowledge has there been a media like the internet! Now, you have infinite knowledge at your fingertips. Learn the tips you need to maximize the efficiency of your internet searches with this workshop. You will also learn about different search engines. Please have basic computer skills before you sign up for this workshop. Sign up early as space is limited.

**Date: Thursday, December 17**

**Time: 1:30 p.m.**

**Location: Technology Room**



## WORKSHOPS

City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

## MOVIE MATINEE

Come to one of our double showings!

**WHEN: Tuesdays and Fridays**

**TIME: 1:00 pm**

**WHERE: Multipurpose Room B.**

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



### EAGLE EYE

**DATES:** Tuesday, December 1 and Friday, December 4, 2009

**RATED:** PG-13

**LENGTH:** 118 Minutes

**DESCRIPTION:** Returning home to grieve after the shocking death of his overachieving twin brother, an aimless slacker named Jerry (Shia LaBeouf) finds himself inexplicably linked to a notorious terrorist cell and hotly pursued by federal authorities. With the nation's law enforcement agencies hunting them down, Jerry and single mother Rachel (Michelle Monaghan) -- who's also been framed -- must work around the clock to clear their names.



### MIRACLE AT ST. ANNA

**DATES:** Tuesday, December 8 and Friday, December 11, 2009

**RATED:** R - For strong war violence, language and some sexual content/nudity

**LENGTH:** 166 Minutes

**DESCRIPTION:** During World War II, four black American soldiers (Derek Luke, Michael Ealy, Laz Alonso and Omar Benson Miller) find themselves trapped in a Tuscan village behind enemy lines. As they attempt to evade German forces and reunite with their comrades, the four experience firsthand the tragedy and triumph of war. John Turturro co-stars in this epic war film from director Spike Lee, based on the acclaimed novel by James McBride.



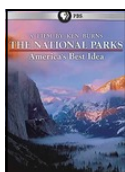
### BEDTIME STORIES

**DATES:** Tuesday, December 15 and Friday, December 18, 2009

**RATED:** PG

**LENGTH:** 99 Minutes

**DESCRIPTION:** Skeeter Bronson (Adam Sandler) is a down-on-his-luck guy who's always telling bedtime stories to his niece and nephew. But his life is turned upside down when the fantastical stories he makes up for entertainment inexplicably turn into reality. Can a bewildered Skeeter manage his own unruly fantasies now that the outrageous characters and situations from his mind have morphed into actual people and events?



### KEN BURNS: NATIONAL PARKS, AMERICA'S BEST IDEA

**DATES:** Monday, December 21, Tuesday, December 22, Wednesday, December 23  
Monday, December 28, Tuesday, December 29, Wednesday, December 30

**RATED:** NR, Not rated. This movie has not been rated by the MPAA.

**LENGTH:** 118 Minutes per movies, 6 movies in series

**DESCRIPTION:** Trace the history of American national parks with director Ken Burns's rousing documentary, which recounts how remarkable heroes fought to preserve nature for all people and offers striking views from Yosemite, Yellowstone and other stunning locales. Narrated by Peter Coyote, this program also features the voices of talented actors like Tom Hanks, Andy Garcia, John Lithgow, George Takei and Sam Waterston.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP -

An orientation and tour of the Senior Center is scheduled for **Monday, December 21 at 2:00 pm.** It

includes a review of classes, upcoming events, social services & general information.



## BIG BINGO UPDATE

Big Bingo will be held **ONLY** on the first Monday of each month. 1pm in the Lunch room.



## EXERCISE ROOM: NO CARD, NO EXERCISE

Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. We appreciate your cooperation in the exercise room.



**WHEN NOT TO COME TO THE EXERCISE ROOM?** - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: **TUES: 7:00p.m. – 7:30 p.m.** and **EVERY WED: 2:30p.m. – 3:00 p.m.**



## FREE DROP-IN COMPUTER HELP -

*Does the computer scare you more than flying in an airplane?* Not to worry, we have helping hands ready to assist.... **FREE OF CHARGE.** Whether new to the computer, or in need of a refresher, several volunteers can get you pointed in the right direction. Mondays with **JUDY 1-3PM.** Tuesdays with **PENNIE 1-3PM.** Thursdays with **SARA 1-3PM.** Fridays with **RANDY 10:30AM-12:30PM.** Come to the computer lab, it's that easy!!!

**DONATIONS -** The Mountain View Senior Center accepts a variety of donations.

### ACCEPT ONLY

Old eyeglasses  
Magazines



Paperback books only (no romance novels)

### FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!



## ATTENDANCE BINDERS—

At each main entrance of the building, the center has an attendance binder. Each individual is required to sign in when entering the building. This binder accounts for everyone in the building and will help us in the event of an emergency and to report the number of people visiting our center.

## Referral Information

- Outreach Transportation  
408-436-2865
- Social Security Office  
1-800-772-1213

## **SPORTS AND GAMES:**

**PING PONG TABLES** are available to everyone and is on a **FIRST COME, FIRST SERVE** basis and has a **30 minute or less time limit**. **If staff observes continuous play longer than 30 minutes on ANY table from any individual, that individual will lose PING PONG playing privileges for the remainder of the day.**

**INTERESTED IN PLAYING SOME NEW GAMES?** - At the front desk, we have a game interest binder. If you are interested in playing a specific game and need people, come check out the binder and see if there is an interest already and add your name to the list or if there is not a page for the game you are interested in, start a sign up sheet. Currently we have game lists for: GinRummy, Euchre, Bridge, Pedro Players, Bowling, Pinochle, Chess, Canasta, Scrabble, + Mah Jong

## **BE THE FIRST TO**

### **JOIN S.C.T.**

Do you ever get something, **brand new**, but never really use it? Some brand **NEW** outdoor exercise equipment will be installed in Rengstorff Park and you'll have easy access. One of the best ways to have motivation to use

exercise equipment is to do it with friends. This is why we are forming **S.C.T, Seniors in Circuit Training**. You can be part



of a new social exercise group by signing up the interest sheet at the front desk. All levels are welcome and more details will be coming in the January PTN.



**FRONT DESK VOLUNTEERS** - The front desk is looking for enthusiastic, friendly, multi-tasking volunteers. If you love to talk to others, answer the phone, make appointments and give people information, join the volunteers at the front desk. Pick up a Volunteer Application at the front desk and join the fun.

**TAX HELP VOLUNTEERS** - Help seniors with Income Tax Returns and Tax Questions! Free training each tax season (in January) on basic Federal and California tax law for individual returns. Receive IRS certification as a volunteer preparer. Learn a professional tax software package. Prepare returns at the Mountain View Senior Center and other senior centers during tax season (4-8 hours/week February 1-April 15). Occasional additional off season volunteer opportunities. Contact AARP Tax Aide at 1-888-687-2277 or (locally) Keith at 650-969-5643 or visit [www.Aarp.org/taxaide](http://www.Aarp.org/taxaide)

**TRAVEL ESCORT VOLUNTEER** - Do you like to travel on day trips? Then become a travel escort for the Mountain View Seasoned Travers. Volunteers escort seniors to a variety of trips throughout Northern California from Casino Trips to Broadway shows and more. In addition to trips, escorts volunteer at the travel desk on Thursday mornings at the Senior Center. For more information, visit the front desk or call 650-903-6330.

## **GIVE US YOUR USED BATTERIES**

The front desk will only accept batteries that have tape on the bottom and top connectors. Thank You



## **SENIOR ADVISORY COMMITTEE**

The Senior Advisory Committee is an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: December 16, 2009 and January 20, 2010.

## **Volunteer Hours for OCTOBER**

<b>Blood Pressure</b>	<b>9</b>
<b>Brown Bag</b>	<b>192</b>
<b>Receptionists</b>	<b>149.5</b>
<b>Social Services</b>	<b>54</b>
<b>Teaching</b>	<b>89.5</b>
<b>Total</b>	<b>494</b>

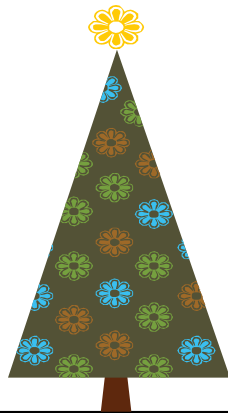


## Tree Lighting Celebration

Wednesday, December 2, 2009  
5:30 p.m. to 7:30 p.m.  
Civic Center Plaza  
500 Castro Street

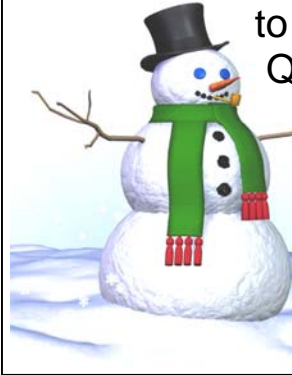
Celebrate the holidays with friends and family at the Mountain View Tree Lighting Celebration. Enjoy live holiday music, refreshments, lights and the arrival of Santa Claus. Children can visit and have their picture taken with Santa at the free event.

In the spirit of the season, guests are encouraged to bring a can of food to help build the giving tree, which benefits the Mountain View Community Services Agency.



## HOLIDAY GALA

**Wednesday, December 9th from 4-6pm.** An afternoon of dancing



to Jerry Jay's Quartet and festive refreshments in the Social Hall. Free to all seniors!!

## The Rengstorff House

Mountain View's oldest home, is one of the finest examples of Victorian Italianate architecture on the West Coast. Rengstorff House is a 12-room, 3,955 square foot



house with 10-foot ceilings on the second story and 11-foot ceilings on the first floor. Fully restored in 1991, the Rengstorff House features a Victorian Italianate design with a hip roof, a central gable crowned by a widow's walk, front portico and symmetrical room layout. Beautifully furnished by a community-based organization known as the Friends of 'R' House, the home features ornate brass chandeliers, Victorian plaster rosettes, push-button light switches, Bradbury & Bradbury wallpaper designs, and Eastlake furniture. We welcome you to come by for a visit!

Public tours are available three days a week. On non-public tour days, the home is available for rent. In addition to weddings and events, the home was recently updated to include wireless internet access, making meetings and business presentations a snap in modern times! Public Tour Hours Sundays, Tuesdays & Wednesdays 11 am to 5 pm. Seasonal exhibition schedule, designed to increase public awareness of and visitors to this lovely and enjoyable historic home!  
December 1—31: Holiday Décor

## SENIOR CENTER ART SHOWCASE -

The Senior Center will be showing off patrons artwork on **Wednesday, January 13<sup>th</sup> in the Social Hall from 3-6pm.** Sign up to bring your artwork in oils & acrylics,



woodcarving, ceramics, creative stitchery, crocheting and more by January 8<sup>th</sup>. Light refreshments will be served.

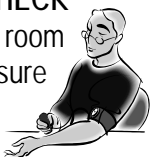
## HEALTH SERVICES

### ALZHEIMER'S SCREENING

Free behavioral screenings offered on the **fourth Wed** of each month (**12/23/09**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis. Call the front desk at (650) 903-6330 for an appointment.

### BLOOD PRESSURE CHECK

Come to the counseling room to have your blood pressure checked by volunteer nurses on **Friday between 10:30-11:30 a.m.**



**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**12/8/09 and 12/22/09**). Call the front desk at (650) 903-6330 for an appointment.

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**12/8/09 - AM Appts and 12/22/09 - PM Appts**) Call (650) 903-6330 for an appointment.

### HEARING SCREENING

Visit Dr. Tang the **Second Tuesday (12/8/09)** of each month. Call the front desk at (650) 903-6330 for an appointment.



### PODIATRY SCREENING -

Free evaluations on **Third Wednesday (12/16/09)** of each month. Call the front desk at (650) 903-6330 for an appointment. Provided by Dr. Yavrom.

**Dial 2-1-1** - For a free, non-emergency telephone service that connects you with hundreds of community services. Find information on Elder Care, Counseling, Health Services and much more!

## SOCIAL SERVICES

### SENIOR ADULT LEGAL ASSISTANCE (SALA)

**The 1st and 3rd Thursday (12/3/09, 12/17/09)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.



## FOOD SERVICES

### BROWN BAG -

The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



## NUTRITION PROGRAM

Lunch is served

**Monday - Friday** at 11:45a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 9+10. Sponsored by Community Services Agency, (650) 964-6586.

## TRANSPORTATION/ EXERCISE

**MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS**  
MTA will be at the Senior Center on **Thursday, December 3, from 10:00 a.m. to 12:00 p.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon. Exact change is necessary. The cost is \$25.00 per sticker.** Cash only please.



## AARP DRIVER SAFETY

**REFRESHER COURSE - Tues, Dec 1, 2009 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

**ONLINE** Driver Safety program now available Visit [www.aarp.org](http://www.aarp.org) for information &

## EXERCISE ORIENTATION

is offered on **Tuesday Evenings and Wednesday Afternoons.** To be able to use the exercise room, you must sign up for orientation at the front desk.

## WASH YOUR HANDS -

As we begin to spend more time indoors with each other, please remember these good hygiene tips:

- Cover coughs and sneezes with a tissue or sleeve.
- Wash your hands often with soap and water or use hand sanitizers.
- Stay home if you're sick with flu-like symptoms



The Senior Center has provided bottles of hand sanitizer in strategic areas around the building. Please help protect yourself and your neighbors by limiting the spread of germs.

## USED OR UNUSED MEDICATION DROP OFF LOCATIONS:

**Health Clinic- Sunnyvale**  
660 South Fair Oaks Ave,  
Sunnyvale, CA 94086



**West Valley Patrol Sub-Station**  
1601 S. De Anza Blvd, Cupertino, CA 95014

**Health Clinic- Moorpark Pharmacy**  
2400 Moorpark Ave, San Jose, CA 95128

**Health Clinic- Bascom Pharmacy**  
750 S. Bascom Ave, Ste #120, San Jose, CA 95128

## COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS -

On the **third Tuesday of each month at 11am**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

## INFORMATION ON HMOs:

We have received a box of information on HMO's from the State of California, Office of the Patient Advocate . This information includes different ratings on specific services and how patients rated their providers. This box of information is located at the front desk. Come take a look!!

## SENIOR SERVICES

### DIRECTORY - The 2009/2010

**Senior Services Directory** published by Council on Aging has recently been released. This resource has a wide range of information within Santa Clara County geared for older adults and their families. Topics include Care Management, Financial & Legal, Food & Nutrition, Independent Living, Housing, plus much more. The directories are available for **\$3** at the Senior Center Front Desk. Information is also available online at [www.siliconvalley.networkofcare.org](http://www.siliconvalley.networkofcare.org)

**LOST AND FOUND -** We will be displaying the lost and found items in the lobby on **Monday, December 7th - Friday, December 11th**. If you have lost an item, come by the lobby and see if we have found it.

"The time to relax  
is when you don't  
have time for it."

Author Unknown, Submitted by  
Carl Glassman

## KEEPING OUR BUILDING

**CLEAN -** We have a beautiful building and strive to keep it this way. Please be responsible and cautious of your own items, messes and trash. Areas of the building may be subject to closure if not kept up properly. **Thank you for respecting our center!**





# Mountain View Seasoned Travelers

**NEW TRAVEL  
DESK HOURS**

For travel information, registration and payment:

Monday, Tuesday, Wednesday and Fridays at the front desk,  
8:30am-12:00pm and Thursdays at the travel desk in front of the  
social hall from 10:00 - 11:45am

## LA PASTORELA "THE ANNUAL CHRISTMAS PAGEANT"

**At Mission San Juan Bautista**

WHEN: Sunday, December 13, 2009

COST: \$78.00 per person

INCLUDES: La Pastorela is a pageant of passion, excitement and contemporary humor—not to mention gender parity—uncommon in a Christmas play. La Pastorela is entirely performed in the warmth and shelter of the mission, San Juan Bautista, with the cast moving back and forth from the smoky jaws of hell in the rear of the mission, through the center "pastures" of the nave and onward to the front, where the birth of Jesus takes place. Prior to the show we'll enjoy a hosted lunch at Dona Esther which include; salad, beef taco, cheese enchilada, rice, beans, and a non-alcoholic beverage.

DEPART: Tour will depart at 11:30am

from Rengstorff Park

RETURN: Approximately at 7:30pm



## CLIFF HOUSE RESTAURANT AND TUT EXHIBITION, San Francisco

WHEN: Tuesday, February 9, 2010

COST: \$95.00 per person

INCLUDES: Join us for a hosted breakfast at the Historic Cliff House Restaurant, San Francisco. Perched on spectacular cliffs overlooking the Pacific Ocean, the Cliff House is one of the crown jewels of San Francisco's Golden Gate National Recreation Area. From there we'll travel into Golden Gate Park to the de Young Museum to experience **Tutankhamen and the Golden Age of the Pharaohs**, a glorious exhibition of over 130 outstanding works from the tomb of Tutankhamen, as well as those of his royal predecessors, his family, and court officials. It's been over 30 years since the original exhibit was in San Francisco and you'll find many new and exciting elements not previously available.

DEPART: 7:45 a.m. from Rengstorff Park

RETURN: 3:00 p.m. Approximately

## RED HAWK CASINO

WHEN: Thursday, January 7, 2010

COST: \$30.00 p/p

INCLUDES: \$20 Match Play or \$15.00 Slot Play

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 6:30 p.m. Approximately

## THUNDER VALLEY CASINO

WHEN: Thursday, February 4, 2010

COST: \$27.00 p/p

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

## RIVER ROCK CASINO

WHEN: Thursday, March 9, 2010

COST: \$30.00 p/p

INCLUDES: Casino Bonus: \$20 Cash.

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 6:30 p.m. Approximately

## CACHE CREEK CASINO

WHEN: Thursday, April 7, 2010

COST: \$32.00 p/p

INCLUDES: Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

## RENO GETAWAY

WHEN: April 11-12, 2010 Sunday-Monday

COST: \$90.00 p/p, double occupancy/  
Singles occupancy add \$25.00

INCLUDES: Silver Legacy

Accommodations. Casino Bonus Value: \$35.00. Optional Dinner & Show Package: \$55.00 p/p Frank, Sammy & Dean: The Rat Pack, at the beautiful El Dorado Showroom!

DEPART: 7:30 a.m. SUNDAY  
from Rengstorff Park

RETURN: 9:00 p.m. MONDAY  
Approximately



## Soft Gingerbread Cookies

**Prep Time:** 25 Minutes

**Cook Time:** 10 Minutes

**Servings:** 36

### INGREDIENTS:

3/4 cup molasses  
 1/3 cup packed brown sugar  
 1/3 cup water  
 1/8 cup butter, softened  
 3 1/4 cups all-purpose flour  
 1 teaspoon baking soda  
 1/2 teaspoon ground allspice  
 1 teaspoon ground ginger  
 1/2 teaspoon ground cloves  
 1/2 teaspoon ground cinnamon



### DIRECTIONS:

1. In a medium bowl, mix together the molasses, brown sugar, water and butter
2. until smooth. Combine the flour, baking soda, allspice, ginger, cloves and
3. cinnamon, stir them into the wet mixture until all of the dry is absorbed. Cover the dough and chill for at least 3 hours.
4. Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut out into desired shapes. Place cookies 1 inch apart onto ungreased cookie sheets.
5. Bake for 8 to 10 minutes in the preheated oven. Remove from the cookie sheets to cool on wire racks.









## Ann Satton Turning 100!

Ann Satton will be turning 100 on December 7<sup>th</sup>. Ann enjoys coming to the lunch program and playing bingo here at the Mountain View Senior Center. We will be celebrating Ann's birthday on Monday, December 7<sup>th</sup>, as well as all other December birthdays, at the lunch program. Ann has many friends here who look forward to her great milestone.



## A Message from the Lunch Program

The serving time has now changed to 11:45 a.m. and we stop serving at 12:15 p.m. The recommended sign in time is now 11:15 a.m. Please take note of this change. Also, please do not take cups outside of the social hall. They are for the lunch program only. Thank you.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <ul style="list-style-type: none"> <li>Swedish Meatballs w/ Gravy</li> <li>Egg Noodles</li> <li>Baked Tomato</li> <li>Spinach &amp; Cheese Salad</li> <li>Pineapple </li> </ul>	2 <ul style="list-style-type: none"> <li>Chicken A La King</li> <li>Brown Rice Pilaf</li> <li>Seasonal Vegetables</li> <li>Apple</li> </ul> <b>LINE DANCING BINGO</b>	3 <ul style="list-style-type: none"> <li>Baked Fish w/ Seasonings</li> <li>Whole Grain Roll</li> <li>Seasoned Broccoli</li> <li>Sweet Potatoes</li> <li>Fresh Fruit</li> </ul> <div style="border: 1px solid black; padding: 2px; display: inline-block;"> <b>HOLIDAY CHORUS GROUP 11:00</b> </div>	4 <ul style="list-style-type: none"> <li>Pasta Primavera w/ Ham</li> <li>Garlic Bread </li> <li>Garden Salad</li> <li>Banana</li> <li>Oatmeal Cookie</li> </ul> <b>DANCING 10:30</b>
7 <ul style="list-style-type: none"> <li>Homemade Cheeseburger OR Sloppy Joes</li> <li>Coleslaw</li> <li>Fresh Fruit</li> <li>Sugar-Free Gelatin</li> </ul> <b>BIRTHDAYS DANCING 10:30</b> 	8 <ul style="list-style-type: none"> <li>Oven Roasted Chicken Breast</li> <li>Brown Rice</li> <li>Sautéed Fresh Broccoli, Cauliflower &amp; Carrots</li> <li>Peaches</li> </ul>	9 <ul style="list-style-type: none"> <li>Stuffed Bell Pepper</li> <li>Hard Boiled Egg</li> <li>Marinara Noodles w/ Garlic &amp; Fresh Basil</li> <li>Italian Blend Vegetables</li> <li>Fresh Fruit</li> </ul> <b>LINE DANCING</b>	10 <ul style="list-style-type: none"> <li>Chicken Cordon Bleu w/ Ham</li> <li>Noodles w/ Pesto</li> <li>Green Beans</li> <li>Garden Salad w/ Veg-gies</li> <li>Mandarin Oranges </li> </ul>	11 <ul style="list-style-type: none"> <li>Chinese Pepper Steak</li> <li>Fried Brown Rice</li> <li>Oriental Vegetables</li> <li>Spinach</li> <li>Banana</li> </ul> <b>DANCING 10:30</b>
14 <ul style="list-style-type: none"> <li>Chicken Enchiladas</li> <li>Mexicali Corn w/ Bell Pepper</li> <li>Low-Sodium V-8 100% Vegetable Juice</li> <li>Fresh Fruit</li> </ul> <b>DANCING 10:30</b> 	15 <ul style="list-style-type: none"> <li>Szechwan Chicken</li> <li>Brown Rice</li> <li>Sautéed Cabbage</li> <li>Green Salad</li> <li>Pineapple</li> </ul>	16 <ul style="list-style-type: none"> <li>Beef Stew</li> <li>Whole Grain Bread</li> <li>Garden Salad</li> <li>Tangelo</li> </ul> <b>LINE DANCING BINGO</b>	17 <ul style="list-style-type: none"> <li>Spinach Salad w/ Mushrooms, Red Bell Peppers &amp; Carrots</li> <li>Hard Boiled Egg</li> <li>Black Bean Soup</li> <li>Vanilla Yogurt w/ Bananas and Cookies </li> </ul>	18 <ul style="list-style-type: none"> <li>Mediterranean Fish</li> <li>Brown Rice Pilaf</li> <li>Broccoli &amp; Cauliflower</li> <li>Carrot Raisin Salad</li> <li>Apricot</li> </ul> <b>DANCING 10:30</b>
21 <ul style="list-style-type: none"> <li>Spaghetti w/ Meat Sauce</li> <li>Marinated Salad w/ Olives, Cucumbers &amp; Red Bell Pepper</li> <li>Sautéed Fresh Broccoli</li> <li>Fruit</li> </ul> <b>DANCING 10:30</b>	22 <ul style="list-style-type: none"> <li>Corn Chowder</li> <li>Hard Boiled Egg</li> <li>Chef's Fish</li> <li>Whole Grain Roll</li> <li>Sautéed Asparagus</li> <li>Orange </li> </ul> <b>LINE DANCING BINGO</b>	23 <ul style="list-style-type: none"> <li>BBQ Chicken</li> <li>Pasta Salad</li> <li>Cauliflower &amp; Carrots</li> <li>Apple</li> <li>Surprise Holiday Dessert</li> </ul>	24 <b>SENIOR NUTRITION PROGRAM CLOSED, NO LUNCH SERVED</b>	25 <b>HOLIDAY</b>
28 <ul style="list-style-type: none"> <li>Tuna Salad Pasta Plate w/ Green Bell Pepper, Olives &amp; Tomatoes</li> <li>Squash</li> <li>Peaches </li> </ul> <b>DANCING 10:30</b>	29 <ul style="list-style-type: none"> <li>Vegan Split Pea &amp; Potato Soup</li> <li>Chef's Chicken</li> <li>Whole Grain Muffin</li> <li>Garden Salad</li> <li>Tangerine</li> <li>Oatmeal Cookie</li> </ul>	30 <ul style="list-style-type: none"> <li>Chop Suey w/ Beef &amp; Pork</li> <li>Fried Brown Rice</li> <li>Chilled Broccoli Salad</li> <li>Fresh Fruit</li> </ul> <b>LINE DANCING BINGO</b>	31 <b>SENIOR NUTRITION PROGRAM CLOSED, NO LUNCH SERVED</b>	1 <b>HOLIDAY</b>

**The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45am. Recommended Sign In Time: 11:15 am. First Come First Served, No Reservations.**

# WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga** 8:45 ESL - Beg. +Int. 9:00 Creative Stitchery 10:15 T'ai Chi 10:30 Expressive Yoga** 10:30 ESL - Beg High & Adv. Low 12:00 Lunch 1:00 Bingo, First Monday of each month. 1:00 Computer Assistance 1:00 Woodcarving 1:00 Current Affairs 1:00 General Conditioning 2:30 Tai Chi/ Qigong 7:00 Social Dance Club	9:00 Drawing & Watercolor 9:30 Brown Bag 10:00 Advanced Lip Reading** 10:30 Strong for Life 11:30 Gen. Conditioning** 12:00 Lunch 12:30 Spanish-Int. ** 1:00 Computer Assistance 1:00 Karaoke 1:00 Low Impact Aerobics** 1:00 Workout on Broadway 2:15 Workout On Broadway 3:00 Chinese Folkdance 5:30 Flowing Movement 6:30 Exercise Orientation	9:00 Ceramics-Sculpt 9:00 Oils & Acrylics** 9:00 Stepping Strong 9:30 Chorus 10:00 Beginning Lip Reading** 10:00 Therapeutic Yoga 12:00 Lunch 1:00 Computer Assistance 1:00 Ceramics-Basic 1:00 Knitting/Crochet 1:15 Orchestra 2:00 Exercise Orientation 5:30 Qigong 7:00 Joy of Movement	8:45 Adaptive Yoga** 8:45 ESL - Beg. & Int. 9:30 Ceramics-Basic 10:00 General Conditioning** 10:00 VTA Cards, First Thursday of each month 10:00 Qigong 10:00 Trips Desk 10:30 ESL B.H. & A.L. 10:30 Expressive Yoga** 11:00 Health Library 12:00 Lunch 12:30 Memoirs 1:00 Workout /Broadway 1:00 Low Impact Aerobics 1:00 Ceramics-Basic 1:00 Fig & Port Drawing 2:15 Workout / Broadway	8:45 ESL, Beg+ Int. 9:00 Calligraphy** 10:00 Feldenkrais** 10:30 Computer Assistance 10:30 Blood Pressure 10:30 ESL -Beg High, Adv. Low* 12:00 Lunch 1:00 English Conversation 1:00 Line Dancing 2:15 Square Dancing
<b>CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE</b> * Weekly Class Starting (specific dates on next page) **Weekly Class Ending (specific dates on next page)				

## Registration for the classes that occur at our center, takes place through the following agencies:

### MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call (650)-940-1333 with your credit card available.
3. or visit their website to register for this class at [www.mvlaae.net](http://www.mvlaae.net)

**FOOTHILL-** Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call (650)-949-7321.


**VOLUNTEER** – These classes are free and there is no need to register. Please just attend.

**IN CLASS** - Register for these classes with the class instructor.

**PICK UP A WINTER/SPRING 2010 CLASS GUIDE AT THE FRONT DESK FOR MORE INFORMATION.**



# DECEMBER EVENTS

Mon	Tue	Wed	Thu	Fri
	1 1pm - Movie, EAGLE EYE 530pm– AARP Driver Safety Course	2 LAST CLASS: Oils & Acrylics	3 10am-VTA Cards 1pm-SALA	4 1pm - Movie, EAGLE EYE
7	8 LAST CLASS: Advanced Lip Reading, Spanish Conversation 830am - HICAP 915am– Eyeglass Repair 1pm - Movie, MIRACLE AT ST. ANNA 2pm– Hearing Screening	9 LAST CLASS: Beginning Lip Reading  4pm - HOLIDAY GALA	10 LAST CLASS: Adaptive Yoga, Expressive Yoga, Low Impact Aerobics,  1pm, WORKSHOP, Attention Migraine and Headache Sufferers.	11 LAST CLASS: General Condition- ing, Calligraphy, Feldenkrais, 1pm - Movie, MIRACLE AT ST. ANNA
14	15 1pm - Movie, BEDTIME STORIES	16 10am-Podiatry Screening	17 1pm-SALA  1pm-WORKSHOP, Afterlife Planning  1:30pm- WORKSHOP, Find Answers on the Internet?	18 1pm - Movie, BEDTIME STORIES
21  1pm - Movie, National Parks	22 915am - Eyeglass repair 1pm - Movie, National Parks 2pm - HICAP	23 10am- Alzheimer's Screening  1pm - Movie, National Parks	24 <b>SENIOR CENTER OPEN, NO LUNCH SERVED</b>	25  <b>HOLIDAY</b> 
28  1pm - Movie, National Parks	29 1pm - Movie, National Parks	30 1pm - Movie, National Parks	31 <b>SENIOR CENTER OPEN, NO LUNCH SERVED</b>	1  <b>HOLIDAY</b>